HINDMARSH AND FITZROY PHYSIOTHERAPY

281 Port Rd Hindmarsh
Ph 8346 2000
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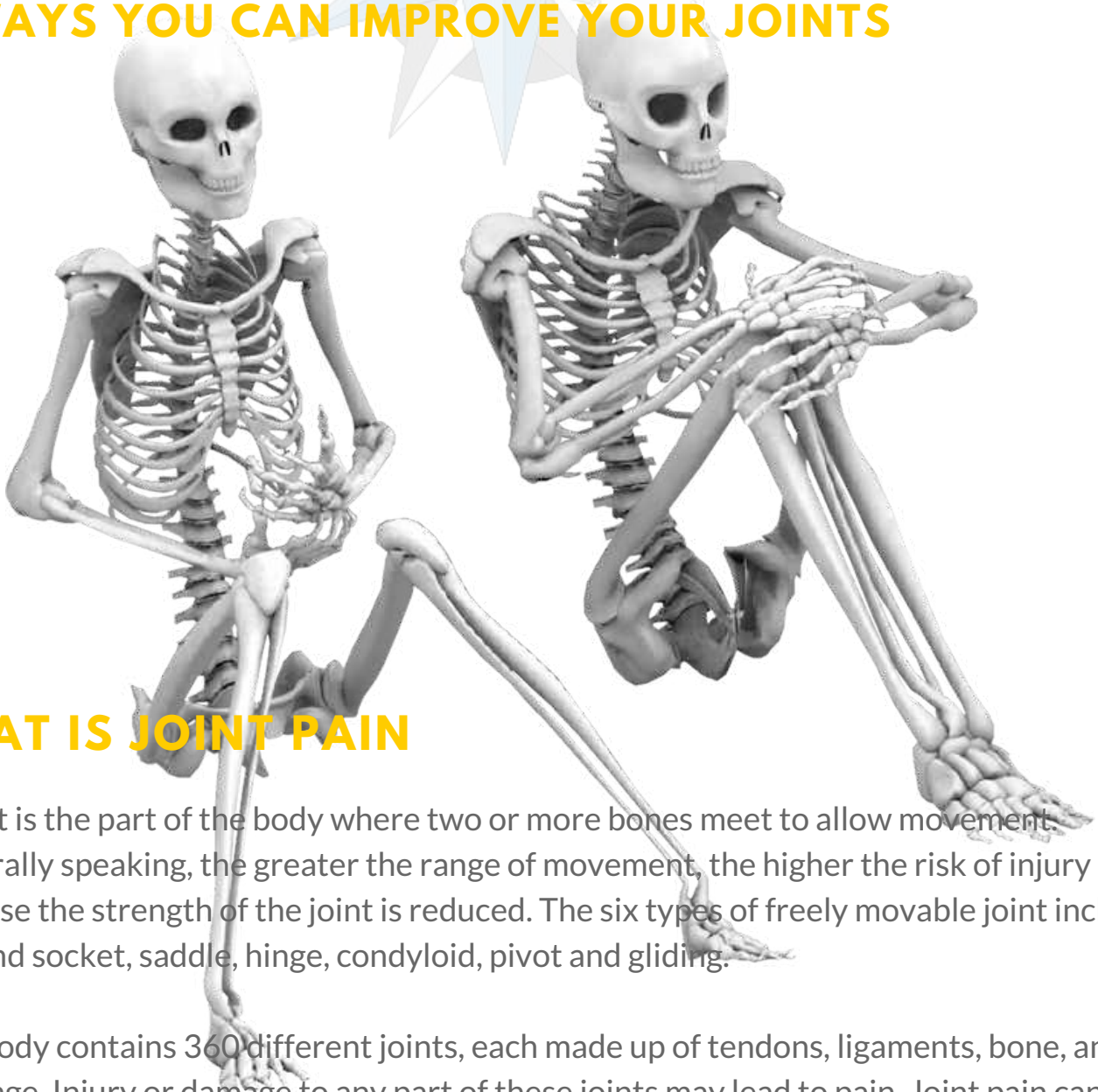
6 WAYS YOU CAN IMPROVE YOUR JOINTS



WHAT IS JOINT PAIN

A joint is the part of the body where two or more bones meet to allow movement. Generally speaking, the greater the range of movement, the higher the risk of injury because the strength of the joint is reduced. The six types of freely movable joint include ball and socket, saddle, hinge, condyloid, pivot and gliding.

Our body contains 360 different joints, each made up of tendons, ligaments, bone, and cartilage. Injury or damage to any part of these joints may lead to pain. Joint pain can range from mild to severe and occur in one or more joints in your body, including the knee, hip, shoulder, wrist, ankle, or spine.

Most commonly, however, joint pain refers to arthritis or arthralgia, which is inflammation or pain from within the joint itself.

Joint pain may be accompanied by swelling, stiffness, or a decreased range of motion in the affected joint and can be in all ages .

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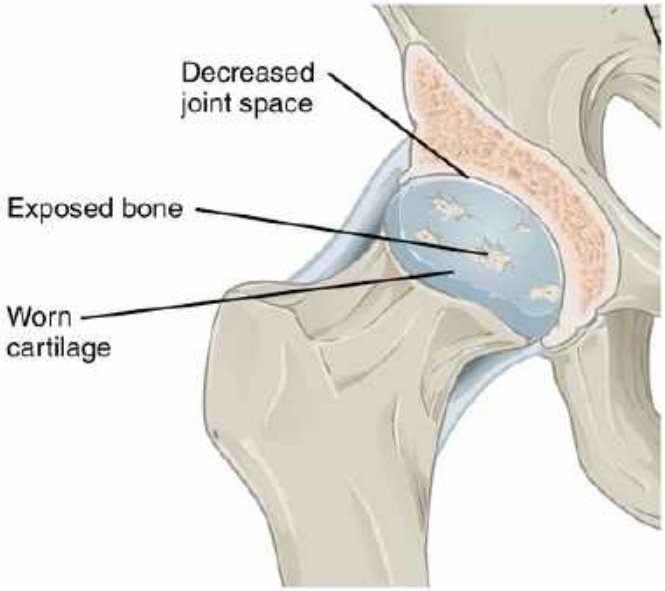
WHAT CAUSES JOINT PAIN

There are so many causes of joint pain but some of the most common ones we see are

- Ankylosing spondylitis
- Arthritis- Osteo Rheumatoid and Psoriatic
- Bursitis
- Fibromyalgia
- Fracture
- Gout
- Lupus
- Osteoporosis
- Polymyalgia rheumatica
- Sprains
- Tendonitis



TYPES OF JOINT PAIN

Joint pain can be mild, causing soreness only after certain activities, or it can be severe, making even limited movement, particularly bearing weight, extremely painful.

No matter what intensity of the pain you live with, our Physios will diagnose and help you manage your joint pain. All these joints can be painful

- Hand wrist and elbow
- Shoulder
- Neck and Back
- Hips and knees
- Ankle and feet

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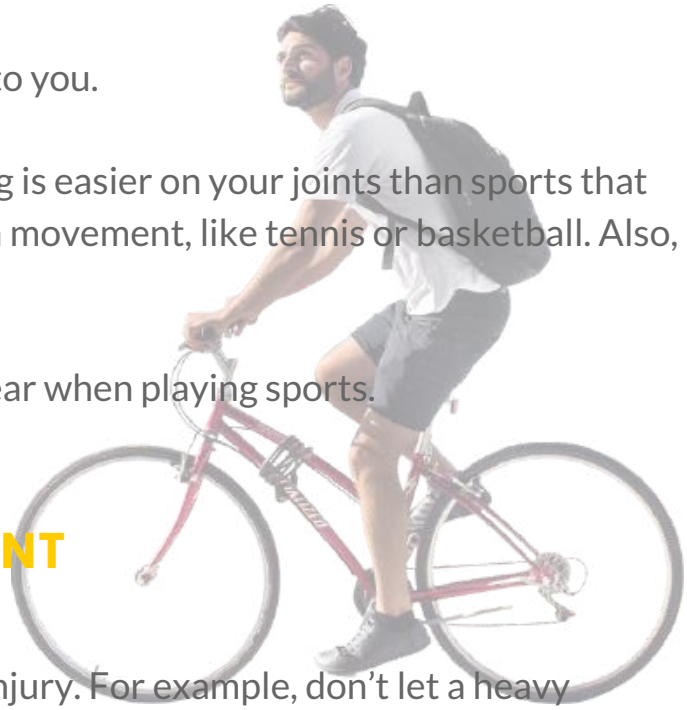
WAYS YOU CAN HELP YOUR JOINT PAIN

There are quite a few strategies that you can adopt for better joint comfort, and all are doable and easy to incorporate into your daily routine:

1. GO EASY ON YOUR BODY



Treat your joints gently and they'll be kinder to you.

Low-impact exercise like swimming and biking is easier on your joints than sports that require constant jumping and sudden shifts in movement, like tennis or basketball. Also, safeguard those joints.

Wear a helmet and other protective sports gear when playing sports.

2. PRACTICE SMART MOVEMENT

Move consciously to lower your chances of injury. For example, don't let a heavy backpack hang off your wrist when you could put it over your shoulder (and don't do that for too long either) nor should you pick up a heavy box without enlisting the help of your legs and using open palms. Lift Correctly

Usually, there's a right and a wrong way to move. Ensure your task is well-matched to the joint you are working the hardest.

3. WEAR SENSIBLE FOOTWEAR

High heels strains your joints and puts you at risk for injury, while low-heeled shoes that offer proper arch support and plenty of room for your toes to move around are foot- and joint-friendly.

Go one step further and get shoes with forgiving and flexible soles like rubber.

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4.EAT TO BUILD YOUR BONES

Keep your bones in tiptop shape by maintaining a healthy, calcium-rich diet. Leafy greens, fatty fish like salmon, and dairy products are all good choices to protect your joints. Osteoporosis is a degenerative condition that affects the bones, where the bones are breaking down faster than they can rebuild.

5.STOP SMOKING

You've heard it absolutely everywhere: No smoking ...it weakens your bones by slowing bone formation and reducing calcium absorption — bad news all around.

6.DO STRETCHING AND WARMUPS CORRECTLY

There's a lot of confusion about if and when to stretch and warm up. Before or after exercise, or not at all? It's best to stretch only when you've warmed up by moving for about five minutes, so don't rush into anything weekend warrior-style. It could up your chances of joint strain and injury. Over stretching joints can be a problem for some people.

Our Physios can help with the why and when of static or dynamic stretching.

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PUT JOINT CARE AT THE TOP OF YOUR TO-DO LIST

Although we talk to our patients every day about how to take care of their joints, we want to emphasize that should you experience pain your joints, don't ignore it. You run the risk of worsening it. Better to be safe when it comes to your joints.

If you're confused or worried about the best way to care for your joints, or if you have pain that needs to be addressed, contact us at 83462000 or 83422233

HOW CAN PHYSIO HELP

Our physiotherapists will probably recommend a combination of:

- Appropriate stretching exercises to help ease aches and pains and get the best movement from your joints.
- Strengthening exercises to build or maintain strength in the muscles that support your joints.
- General fitness exercises, which are important for your general health.
- These exercises are combined with gentle then graded manual techniques to ease joint and soft tissue pain and improve range plus other modalities, advice and lifestlye planning to help with pain control.

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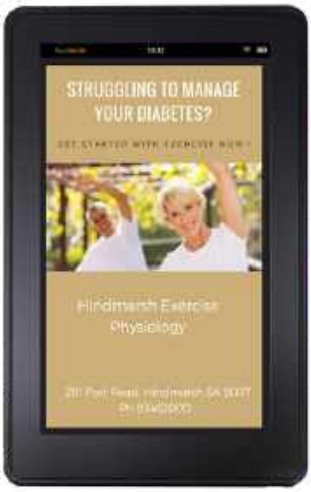
GET SOME PHYSIO HELP

Our Caring and experienced Physiotherapists have the skills to correctly assess your musculoskeletal problems and provide safe and effective treatment. Its is very tempting to think that its nothing and it will go away on its own, but early treatment can be the key to a quicker resolution if youre suffering with persistent pain.

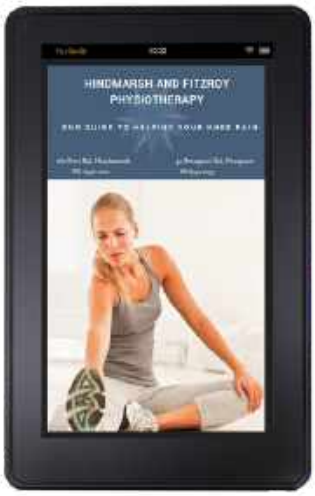
If you are in the Adelaide area, you can book an assessment with one of our experienced physiotherapists in Hindmarsh and Prospect by calling our Physiotherapy clinics on 83462000 and 83422233. Let us help you to move better and feel better.

As Physios, we provide extensive education and resources as part of our management and prevention programs. You are welcome to download these informative links that you may find useful to get you on your way.



EXERCISES YOU CAN START

HOW SAFE ARE YOU FROM FALLING



MANAGING KNEE PAIN

For free access to our patient Resource just click the images above

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or CONTACT US ONLINE HERE if you would like an appointment

We are passionate about providing our patients and community with information on prevention and management of many conditions. This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk